

1ST RESPONDER MENTAL HEALTH & WELLNESS

Co-Hosted by

Spokane Police Department

Endorsed by

Coeur d'Alene Police Department

Spokane Police Chaplaincy

Spokane County Sheriff's Office

YOU MUST REGISTER TO ATTEND

PRESENTED BY



1st RESPONDER
CONFERENCES

February 13-14, 2023

8 AM - 4 PM

A HEALTH AND WELLNESS CONFERENCE FOR
1ST RESPONDERS AND THEIR FAMILIES.

THIS TRAINING IS FOR:

- 1ST RESPONDERS
- POLICE
- FIRE
- EMS
- DISPATCHERS
- CORRECTIONS
- CORONERS
- CHAPLAINS
- MILITARY
- VETERANS
- PUBLIC SAFETY
- HEALTH PROFESSIONALS
- CLINICIANS
- RETIRED FIRST RESPONDERS
- SPOUSES

INCLUDES: • CONTINENTAL BREAKFAST • GIVEAWAYS & SWAG BAGS
• LUNCH • FUN RAFFLES

Networking Social on February 13th, 4-6PM

Training certificates available-all professions, (14 hrs. of Credits)

Registration \$300 (plus Humanitix fees)

Location: The Coeur d'Alene Resort

115 South Second Street -CDA

SPONSORED & ENDORSED BY:



DEER HOLLOW



Interested in being a resource partner at
our conference?
Please visit our website for more
information!



Register at: www.1stresponderconferences.org



**1st RESPONDER
CONFERENCES**



1st Responder Conferences Presents

1st Responder Mental Health and Wellness

**Co-hosted by the Spokane Police Department
Endorsed by the Coeur d'Alene Police Department,
Spokane Police Chaplaincy and Spokane County Sheriff's Office
February 13-14, 2023, from 8am-4pm
February 13th, Networking Social from 4-6pm
The Coeur d'Alene Resort
115 South Second Street**

***You must register to attend. Seats are limited at this conference.**

Registration is \$300/person (Plus Humanitix fees)

***Continental breakfast, lunch, appetizers, and networking social included**

***SWAG/Raffle/Door Prizes**

***Please consider attending, sponsoring and or passing this information on to other organizations and agencies. See attachments for sponsorship options, donations, marketing, and networking tools.**

<https://events.humanitix.com/1rccda2023>

Or visit <http://www.1stresponderconferences.org/>

This two-day multifaceted training and networking event is for all 1st Responders, Police, Fire, EMS, Dispatchers, Military/Veterans, Corrections, Coroners, Chaplains, retired 1st Responders, Professional staff, Clinicians, all those who work in the Public Safety field, as well as Health Professionals. (Spouses are encouraged to attend).

1st Responder Conferences is committed to the emotional, physical, and spiritual well-being of the public safety work force and work with leaders in the public safety profession to make this possible. We recognize that first responders are our greatest asset, and we feel it is our responsibility to create a climate that supports good health and resiliency. We are dedicated to promoting awareness at our conferences surrounding the difficulties of the profession and inspiring conversations that minimize the stigma associated with the stresses our first responder's experience. We provide education, mental health tools and resources for agencies, individuals, and family members. Our mission is to improve the quality of life for all who dedicate themselves to protecting and serving others.

1st Responder Conferences partners with First H.E.L.P. and Brothers in Healing which are nonprofit organizations. We work together to make sure all first responders get the resources they need to live a happy and healthy life!



Speakers and Topics:

“Building Financial Strength in First Responder Families”- Sgt. Nicholas Daugherty, (Retired) *FinancialCop*- Building Financial Strength in First Responder families is the premier financial wellness class designed for first responders, taught by first responders. We will cover the importance of financial wellness for your personal and professional lives. Topics include budgeting, how to avoid debt and pay off debt, the importance of will & estate planning, and how to build a plan to begin to win with money. Taught by instructors that have the heart of teachers to over thousands of first responders from over 2,000 agencies nationwide. Nick Daugherty began his career with the Grand Prairie Police Department (GPPD) in 2003 before semi-retiring in 2017 as a Sergeant. He continues to serve as reserve officer for GPPD. Nick operates FinancialCop, the largest financial wellness training provider for first responders nationally as well as providing comprehensive fiduciary only financial planning for first responders. FinancialCops have coached hundreds of first responder families through almost every type of financial crisis and scenario possible. He also works with several first responder nonprofit organizations, focusing on financial wellness for those suffering from PTSD and suicidal thoughts.

“Trauma and Resiliency - Become more resilient to the stress of life”- Matt Quackenbush, LCSW – Matt uses his unique approach to help us understand the basics of the neurobiology of trauma and stress. You'll understand how stress and trauma impact your body and your mind and what to do about it. We also learn the ins and outs of how to increase your resilience to stress using some of the latest research and techniques in the field. Matt has nearly two decades of experience in the mental health arena. He is the owner and creator of Finding Strength and the Finding Strength Method, a cutting-edge therapeutic treatment approach. As Deer Hollow's Director of Education and Trainings he travels the Nation with a team of fellow passionate healers, on a mission to educate all who are willing to listen that there is hope available to any who suffer from trauma. Using many different mediums to accomplish this aim, Matt is also the host of the critically acclaimed podcast the Finding Strength Podcast, available anywhere you get your podcasts. A Certified Mind-Body Bridging Therapist, specializing in a variety of evidenced based trauma treatment models including EMDR, Internal Family Systems, CPT, Psychodrama, and mindfulness. With over 10,000 hours of trauma focused therapy, Matt is considered an expert in the field of trauma treatment by many of his peers.

“Survive & Thrive: A Path through Trauma into Resilience”-Ryan Dedmon, Outreach Director, 911 Training Institute- A former dispatcher will discuss the accumulation of stress from personal loss and professional trauma that he experienced. His personal story of survival and journey to healing will help empower all first responders to seek peer support services and mental health treatment to build their resilience. Ryan Dedmon is a retired police dispatcher from Southern California. He currently serves as the Outreach Director for the 911 Training Institute. Ryan is a California POST-certified Academy Instructor, a CIT International certified CIT Coordinator, and has a master's degree in Forensic Psychology. He teaches various Advanced Officer Training classes at the Regional Criminal Justice Training Center at Golden West College and at the Orange County Sheriff's Regional Training Center. He blends his education and experience behind the console to help first-responders recover and grow from post-traumatic stress.

“Self-Size-Up and Applying Situational Awareness Within.” - Captain Justin James, Twin Falls Fire Department –As first responders we are constantly sizing up the scene and scanning for potential threats on incidents that could jeopardize our personal safety and that of our team. How often, though, are we applying those same tactics to what's going with ourselves internally? What life experiences have we endured that directly or indirectly shape the way we process the stress of the job? Are we even processing the stress or are we self-medicating in our own way that may or may not be working? These are hard questions to face. Through his own personal life struggles and self-growth journey, Justin shares insight on how to navigate the mental challenges as we attempt to balance our career and personal life. He has been a member of the Twin Falls Fire Department for 20 years and began his fire career spending several

seasons on the Sawtooth Hotshots as a wildland firefighter. Justin is a proud dad of five children and hopes that his message inspires others to conduct their own self-awareness pulse check on the battle within.

“Bellevue Police Department Wellness Program: A Case Study of the Early Years”- Sgt. James Brack, Bellevue Police Department- This presentation will be a discussion of sources that were used to research Wellness programming, administrative and logistics of developing, implementing, and managing wellness resources, and lessons learned in the first two years of Wellness Program development at a medium sized agency. James Brack was born and raised in the Pacific Northwest. He graduated from the Bothell branch of the University of Washington with a Social Science degree. He completed one year of graduate studies in Kinesiology/Human Performance at San Jose State University before accepting a position with the Spartans coaching Division I college baseball. After a brief stint in retail banking, he was hired as an entry level Officer in 2008 after relocating back to the Northwest. During his tenure with the Bellevue Police Department, he has worked as a Patrol Officer, FTO, Crowd Control Officer, Economic Crimes Detective, Recruiting Coordinator, Patrol Sergeant and is currently assigned to the recently established Wellness Unit as the Sergeant and Peer Support Team Coordinator. He enjoys incorporating much of his past professional and personal experiences in developing and implementing the department’s Wellness programing in service to his peers and their families. He has had the great opportunity to present regionally and nationally on Wellness programming including the National FOP Officer Wellness Summit, IACP Officer Safety & Wellness Symposium, Transform Law Enforcement Colloquium, and the NYPD Health and Wellness Section.

"Heart Disease- What First Responders Should Know"- Craig Bettis, Director of Development, Sigma Tactical Wellness- Being a First Responder is incredibly stressful and the current health culture is, in some cases, non-existent. Additionally, most wellness programs offered to our profession do not have the diagnostic capabilities to isolate high risk individuals and/or provide a quality system of cardiac screening low-risk individuals before they become critical. Using evidence-based data shows us a need for more wellness initiatives within law enforcement, first responders, corporations, municipalities, and other high-risk clinical populations that focus on cardiac health//nutritional programming with minimal interference to normal daily operation. Craig Bettis is currently the Co-Founder and Director of Development for SIGMA Tactical Wellness, a company founded in 2017 that has pioneered Cardiometabolic Screening for 1st Responders across the nation. SIGMA has worked with hundreds of agencies and screened thousands of First Responders in the pursuit of educating, reducing, and preventing Heart Disease - the number one killer! In 2021, Craig retired as a Commander from the Vail Police Department located in Colorado. With over 22 years in Public Safety & Operational assignments in law enforcement, 15 years as executive leader and 13 years of tactical experience. Craig is credited with leading/managing a world-class police organization through expertise in Change Management, Organizational Team Building & Intelligence Based Policing. Craig also brings extensive experience performing in stressful operational and administrative environments. As original board member of ResponderStrong and active partner of the All Clear Foundation, Craig is a dedicated leader in the Responder Wellness. Craig received his BA Colorado State University in Sociology with an emphasis in Criminal Justice. Craig continued his education in leadership by attending the Colorado Command Staff Institute, the FBI Command College, the Senior Management Institute for Police at Boston University, and the Daniels School of Business: Public Safety and Leadership Development at the University of Denver.

“Fighting Through the Trauma—In and Out of Work”- An individual story of dealing with one’s own trauma the right and wrong way- Officer Richie Plunkett, Spokane Police Department- Richie will explain his own journey through dealing with trauma in and out of work along with how they overlapped. This story goes through his darkest days after severely being affected by trauma and how Richie worked through his problems to make sure he could go back to thriving as a police officer, husband, and father. Richie explains what he did which worked for him while also going into detail the negative mindset which almost ended everything for him. Richie holds a Master’s Degree in Mental Health Counseling while also

formally working as a Mental Health Therapist and Social Worker. He currently works in the Spokane Regional Behavioral Health Unit and as part of SPD's Hostage Negotiation Team.

More speaker information coming soon!

***Networking Social directly after training (Included in Registration) on February 13th from 4-6pm**

Directly after the training. This is a great opportunity to get to know others, ask questions and share your ideas and thoughts with other like-minded professionals. Appetizers and non-alcoholic beverages will be provided.

***CEU's available:**

All attendees will receive a certificate of attendance upon completion of the conference evaluation.

***Accommodations:**

Group block/discounted hotel rates available: We have a group block at the Coeur d' Alene Resort for February 12th and 13th, from \$109.00 a night to \$169.00 a night. Guests' reservations will be made Individually through our Reservations Department by calling 888-965-6542. When calling this number, the attendee will still need to press #2, then #1 for Group Reservations, or guests may use the online link below. The group block code for reference is: FIRSTRESPONDER23

All reservations must be accompanied by a non-refundable deposit equal to the first night's room, tax, and surcharges. Guests can change or cancel reservations up to 14 days prior to arrival to avoid a forfeiture of deposit. If a change or cancellation is made within 14 days prior to arrival, the first night's room and tax deposit on file will not be refunded. Check or credit card is accepted for prepayment. Please book before the cut-off date of January 12, 2023. After this date, rooms not covered by a rooming list or individual reservations shall be released from the Group's room block for general sale.

Booking Link: <https://reservations.travelclick.com/114393?groupID=3532065>

To download a flyer please visit www.1stresponderconferences.org or contact us for flyers, basic info letters, and sponsor/industry partner/vendor forms for your organizations or to share.

*A limited number of scholarships are available for those with financial hardships. Please contact Amanda at amanda@1stresponderconferences.org for more information.

Disclaimers

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Waiver of Liability

Some of the material presented at this event may cause emotional triggers. We will have onsite assistance if needed. There will also be additional resources available if needed. This conference is not intended to provide counseling services, whether medical, psychological or of any other kind, nor to diagnose, prevent, cure, or treat any disease, disorder or injury. This conference is certainly not intended to replace

the advice of a physician. If you need expert advice, please consult a competent professional. This conference is only intended for “educational” use, and it should only be used as a guide.

RECORDING OF CONFERENCE OR SPEAKERS IS PROHIBITED

Written consent may be given by speakers, but 1st RC staff will need to be informed prior.

At registration we will have a waiver of liability and a photo release form that must be signed. If you have any questions regarding the waiver please contact us, so we can be of assistance.

COVID-19 SAFETY INFORMATION

Currently there are no mandated restrictions related to COVID-19. However, the CDC recommends masks for anyone who have not yet been vaccinated and are in an area of high transmission. 1st Responder Conferences suggests following these guidelines and will also have disposable masks available at the registration desk, if needed or wanted.

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